

# Spice Muffins

*Mrs Charles Hartman*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

**Yield: 2 to 3 dozen  
muffins**

*1 box spice cake mix*

*1 pound bulk sausage*

In a skillet, fry the sausage until no longer pink.  
Drain thoroughly.

In a bowl, mix the cake according to package  
directions.

Add the sausage to the cake mix. Mix well.

Place the batter in greased muffin tins.

Bake at 375 degrees for 15 to 20 minutes.

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Per Serving (excluding unknown  
items): 1893 Calories; 183g Fat  
(87.7% calories from fat); 53g  
Protein; 5g Carbohydrate; 0g  
Dietary Fiber; 309mg Cholesterol;  
3028mg Sodium. Exchanges: 7 1/2  
Lean Meat; 32 Fat.